

# COMMUNITY VIEWS

Serving the community leagues of Twin Brooks & Yellowbird

Published by Calder Publications. For advertising please call 780-434-9732 or email [info@communityleagueneews.com](mailto:info@communityleagueneews.com)



December 2020



## SHARE YOUR SNOW ART!

Send a photo of your snow creation to [editor@yellowbirdcl.com](mailto:editor@yellowbirdcl.com) to be entered to win a prize. We will share all entries on facebook as they come in!  
Contest ends 02/28/20



## Grannies Tackle Tech

A group of Edmonton-area grandmothers raise awareness and funds for grandmothers in Africa who are raising their orphaned grandchildren due to the AIDS pandemic. Due to COVID-19 they have moved their one day craft sale online. Visit [edmgrandmothers.org](http://edmgrandmothers.org) for a wonderful selection of Christmas, birthday and "gift to yourself" handmade items! Over 200 unique items with new, original, one-of-a-kind items being added almost daily...advent calendars, baby clothes, kitchen decor, quilted wall hangings, wraps, scarves, hats, mittens, totebags and more! Shop safely and securely knowing you are supporting a great cause. Curbside pickup



is available in West Edmonton and Sherwood Park. All profits from online sales go to the Grandmothers to Grandmothers Campaign, Stephen Lewis Foundation [stephenlewisfoundation.org](http://stephenlewisfoundation.org).

Twin Brooks Community League Seniors Innovation Fund (SIF) volunteer group was granted funds by the Federal Government's New Horizons for Seniors Program (NHSP) to make a difference in the lives of seniors and in their communities.

The NHSP Twin Brooks Seniors COVID-19 project will support seniors in Edmonton communities during the COVID-19 pandemic.

Project goals are:

- supporting seniors who are self-isolating at home due to COVID
- promoting volunteerism among seniors and other generations
- engaging seniors in the community through online sessions

Any community member who is interested in free online programs such as singing, dancing, cooking or Tai Chi please contact [Twinbrookssif@gmail.com](mailto:Twinbrookssif@gmail.com)  
Or visit Twin Brooks' website for details:

[https://www.twinbrooks.ca/seniors\\_initiative\\_fund.html](https://www.twinbrooks.ca/seniors_initiative_fund.html).

## Nominate Your Neighbour!

*If there were ever a year, that could use some cheer....*

*Nominate your neighbour's light & decoration display for a chance for them to win a festive prize!*

*Please send the address of your nominee to [editor@yellowbirdcl.com](mailto:editor@yellowbirdcl.com) by Dec. 31st to enter.*



IT'S ALMOST TIME FOR THE

# OUTDOOR RINK



We are flooding Yellowbird rink!  
Please keep an eye on our website and facebook page for details and help us share this winter tradition safely.



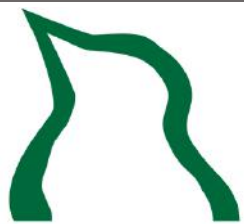
## Outdoor Rink

Many residents have been asking and the answer is YES!!! The Rink is going to be open this winter season. We are very excited to be able to open the rink and it was made possible by a generous donation of a local resi-

dent. Thank you!!!

IF YOU ARE INTERESTED IN HELPING WITH OUR RINK THIS WINTER PLEASE EMAIL Shuana Nichols at [facilities@twinbrooks.ca](mailto:facilities@twinbrooks.ca) WITHOUT VOLUNTEERS THE RINK CAN NOT OPERATE





# TWIN BROOKS Community League

CHECK OUT ALL THE LATEST NEWS  
AND INFO ON OUR COMMUNITY AT  
[TWINBROOKS.CA](http://TWINBROOKS.CA)

## Board of Directors

Twin Brooks New Board of Directors  
- Welcome to all the new Board Members. To Twin Brooks Residents we look forward to serving you and our growing community. Please visit our website [www.twinbrooks.ca](http://www.twinbrooks.ca) and Facebook for community information, and updates.

President & Maintenance Manager-  
Geoff Falconar

VP- Shree Gupta

Treasurer- Irma Cooper

Secretary- Deana De Roche

Facilities Director & Rental Coordinator-  
Shauna Nichols

Social Director- Charlene McLean

Membership Director- Kelly Casualt

Programs Director- Alice Ou

Volunteer Director- Jennifer Rice

Assistant Sports Director- Sandra Fernandez

Sports Director- vacant

Communications Director- Natasha Mitrovic

Casino Coordinator- Jim Le Blanc

NRC partner - Margaret Smith

## Message from the President

TWIN BROOKS COMMUNITY LEAGUE UPDATE

I extend a sincere 'Thank You' to Mike Lantheigne who served as our volunteer President for the last three years. Mike moved to a different community and I am volunteering to fill the position for the interim. I previously served as President back in 2014-2015 until the Twin Brooks Community League Centre building was under construction.

A big 'Thank You' also to those who showed up at our Annual General Meeting in October to help with the elections, ask questions, and give us feedback. And a special 'Thanks' to our new volunteer Board members and of course all those who are continuing to volunteer their time. This is what helps make our community a better place to live!

A heck of a lot has been accomplished by our team of volunteers in the last couple years. We had a couple years of very successful building and rink rentals and ran some great programs. Then the pandemic hit and, of course, a lot changed. Since we do not have the resources to meet the strict sterilization rules and other requirements, the building remains closed until

the pandemic situation is over.

As for the rink, without rental revenue from the building, we had no funds to operate the rink. Some people think the City of Edmonton built and run the rink, which is not the case. Although the City is our landlord, the construction of the rink (and building, parking lot, etc.) was paid for via many years of volunteer-run fundraising. Operating and maintaining the rink including making and maintaining the ice, cleaning, etc. is done entirely by volunteers from our community.

There are many costs we have to pay for running the rink including utilities (power, water, etc.), Zamboni maintenance and fuel, supplies, insurance, etc. Normally, facility rentals revenue covers most of this, but due to the pandemic, that money didn't arrive and we planned on keeping the rink closed this winter, but...

GREAT NEWS! A very kind family has made a very sizeable donation to cover the costs of operating the rink for this season! They humbly choose to remain anonymous. We certainly thank them! Cam and the other volunteers have already spent several evenings preparing our ice surface and getting things ready. The

rink will likely have been open for a while when you read this. So THANK YOU VERY MUCH to our community donor for this!

NEW NEIGHBOURS! We extend a warm welcome to our new community residents in the First Place housing project which was recently completed. We have been making some changes to adjust to the new building adjacent to our facilities such as changes to the lighting and clarifying parking lot use. The Twin Brooks Community League looks forward to developing a great relationship with these new members of our community and encourage them to get their Community League memberships and get involved.

Please keep an eye on our website: [TWINBROOKS.CA](http://TWINBROOKS.CA) for up to date news, rink schedules, etc.

And don't forget to get your Community League membership to help keep these facilities and programs in your community going. Just go to our website and click the MEMBERSHIP button.

Geoff Falconar,  
Volunteer President & Building Maintenance Manager

## Seniors

### Live Well During Covid-19

SIF program supports our seniors in Twin Brooks and surrounding communities from both mental and physical aspects:

- Online dancing exercise (Tue. 7:00pm, ZOOM: 2889797750)
- Mental health counselling (as needed)
- Personal protection equipment (masks, gloves, sanitizer etc)
- Pickup/delivery/driving services

Email: [Twinbrookssif@gmail.com](mailto:Twinbrookssif@gmail.com)

Call: 780-218-7006

Twin Brooks SIF Program

Sponsored by the New Horizons for Seniors Program Grant

## MUSIC IS LIFE

LET US SING TOGETHER!

VIA ZOOM  
EVERY THURSDAY 7-8pm

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TWIN BROOKS SIF/SENIORS GROUP

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9. Forges comforting memories  
10. Promotes communal bonding  
11. Provides comfort  
12. Motivates  
13. Empowers people  
14. Promotes well-being

EVERYONE  
IS  
WELCOME!

Especially  
seniors who may  
be self-isolating  
due to Covid -19

KEEP  
CALM  
AND  
SING YOUR  
HEART OUT

## What is seasonal affective disorder (SAD)?

Seasonal affective disorder, or SAD, is a type of depression that occurs during the same season each year. You may have SAD if you felt depressed during the last two winters but felt much better in spring and summer. Some people may have SAD during the summer months.

Anyone can get SAD, but it's more common in:

- Women.
- People who live far from the equator, where winter daylight hours are very short.
- People aged 15 to 55. The risk of getting SAD for the first time goes down as you age.

• People who have a close relative with SAD. SAD is sometimes called winter depression or seasonal depression.

### What causes SAD?

Experts aren't sure what causes SAD. But they think it may be caused by a lack of sunlight. Lack of light may:

- Upset your "biological clock," which controls your sleep-wake pattern.
- Cause problems with serotonin, a brain chemical that affects mood.

### What are the symptoms?

- If you have SAD, you may:
- Feel sad, grumpy, moody, or anxious.

- Lose interest in your usual activities.
- Eat more and crave carbohydrates, such as bread and pasta.
- Gain weight.
- Sleep more but still feel tired.
- Have trouble concentrating.

• Symptoms come and go at about the same time each year. Most people with SAD start to have symptoms in September or October and feel better by April or May.

### How is SAD diagnosed?

Seek medical advice from your doctor. It can sometimes be hard to tell the difference between SAD and other types of depression because many of the symptoms are the same. To diagnose SAD, your doctor will ask if:

- You have been depressed during the same season and have gotten better when the seasons changed for at least 2 years in a row.
- You have symptoms that often occur with SAD, such as being very hungry (especially craving carbohydrates), gaining weight, and sleeping more than usual.
- A close relative—a parent, brother, or sister—has SAD.
- You may need to have blood tests to rule out other conditions that can cause similar symptoms, such as low thyroid (hypothyroidism).

• Your doctor may also do a mental health assessment to get a better idea of how you feel and how well you are able to think, reason, and remember.

### What can you do on your own to feel better?

Regular exercise is one of the best things you can do for yourself. Getting more sunlight may help too, so try to get outside to exercise when the sun is shining. Being active during the daytime, especially early in the day, may help you have more energy and feel less depressed.

• Moderate exercise such as walking, riding a stationary bike, or swimming is a great way to get started. But any activities that raise your heart rate—including daily chores—can help, especially if you can do them outdoors or near a sunny window.

• Try to do muscle-building exercises at least two times each week, such as weight training or stair climbing.

• Moderate exercise is safe for most people. But it's always a good idea to talk to your doctor before you start an exercise program.

Albertans can also access services by calling the Addiction Helpline at 1-866-332-2322, Mental Health Helpline 1-877-303-2642 or visiting [www.ahs.ca/helpintoughtimes](http://www.ahs.ca/helpintoughtimes).



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\* Complete warranty details available from your local dealer or at [www.daikincomfort.com](http://www.daikincomfort.com).  
To receive the 12-year Parts Limited Warranty, online registration must be completed within  
60 days of installation. Online registration is not required in California or Quebec.

\*\*conditions may apply

## Stay safe on ice this winter



Winter is here! If you're planning to get outside, make plans to be safe. There are things you and your family can do to lower the risk of getting hurt while skating outdoors.

### Look First

• Check with local authorities for information on ice thickness. Thick ice is not always safe. Don't go on the ice unless you are sure it is safe. Obey signs on or near the ice.

• Before walking or skating outdoors on ice, check that the ice is smooth and at least 15 cm (6 in.) thick. If you're taking the entire family, make sure the ice is at least 20 cm (8 inches) thick.

• Check for hazards like pebbles, rocks, and branches.

• Check that the ice is in good shape without any bumps or melting/slushy ice.

• Only skate on ice that is monitored and maintained.

• Teach your child to call for help loudly and clearly if in trouble.

### To stay safe, don't:

- skate on community wet ponds
- skate where there is ice over running water
- walk on ice on or near moving water
- walk on ice when you are alone (use the buddy system)
- let your child play on or near ice unless a responsible adult is watching

### If the ice cracks:

- Call 911 for help.
- Lay down on the ice.
- Crawl or roll back to land.
- If a person is in trouble, push or throw something they can use to get out of the water, or float on, until expert help arrives. If you try to rescue someone from the ice, you can put yourself at risk.



# ellowbird East Community League



December 2020

To all members and residents of Yellowbird (East) Community,

It is with sadness that we share this is the last edition of Yellowbird content in Community Views newspaper.

For almost two decades, the owners and staff of Community Views were instrumental in connecting residents and community leagues by way of their publications highlighting the events and issues for the South West Edmonton community leagues. Over the years Yellowbird Community League articles shared in Community Views' provided community members with information for events, initiatives, gatherings, and league contacts.

Effective January 2021, Yellowbird Community League will no longer be using Community Views publication to share our community news (Bears paw, Keheewin, Yellowbird) and it will no longer be distributed in our neighbourhood.

Moving forward, Yellowbird (East) Community League will be sharing all our community events, updates, and news on our website <http://yellowbirdcl.com> and FaceBook page <https://www.facebook.com/YellowbirdCL>. We anticipate producing and distributing some printed content throughout the course of the year as it suits the events and happenings in our community.

On behalf of the residents of Yellowbird (East) Community League we would like to thank Calder Publications and the Community Views team for the years of collaboration and support. It is always bittersweet to close a chapter and we wish them all the greatest of success.

If any community members have questions, comments or ideas for future communication, please send them to [editor@yellowbirdcl.com](mailto:editor@yellowbirdcl.com). We value the opinion of our community and look forward to hearing from you.

Yours in Service,

Michael Karpow  
President | Yellowbird (East) Community League

Mailing Address: P.O. Box 66062, Edmonton, AB T6J 6T4 | Hall Address: 10710 – 19 Avenue NW, Edmonton, AB T6J 6W9



## Yellowbird Community League Board of Directors 2020-2021

President	Michael Karpow	<a href="mailto:president@yellowbirdcl.com">president@yellowbirdcl.com</a>
Vice President	Cheryl Fix	<a href="mailto:vicepresident@yellowbirdcl.com">vicepresident@yellowbirdcl.com</a>
Secretary	Cheryl Karpow	<a href="mailto:secretary@yellowbirdcl.com">secretary@yellowbirdcl.com</a>
Treasurer	Linda Hewlett	
Buildings & Maintenance	Jay Reiz	<a href="mailto:buildings@yellowbirdcl.com">buildings@yellowbirdcl.com</a>
Casino	Cheryl Karpow	<a href="mailto:casino@yellowbirdcl.com">casino@yellowbirdcl.com</a>
Civics Co-ordinator	Michael Karpow	
Communications & Social Media	Emily Weisbrot	<a href="mailto:editor@yellowbirdcl.com">editor@yellowbirdcl.com</a>
Community Garden Group	Julie West	<a href="mailto:garden@yellowbirdcl.com">garden@yellowbirdcl.com</a>
Grants	Sherry Robinson	<a href="mailto:grants@yellowbirdcl.com">grants@yellowbirdcl.com</a>
Memberships	Cheryl Fix	<a href="mailto:memberships@yellowbirdcl.com">memberships@yellowbirdcl.com</a>
Neighbourhood Watch	Susan Thompson	<a href="mailto:watch@yellowbirdcl.com">watch@yellowbirdcl.com</a>
Playgroup	Barbara Petrunia	<a href="mailto:playgroup@yellowbirdcl.com">playgroup@yellowbirdcl.com</a>
Programs	Susan Thompson	<a href="mailto:programs@yellowbirdcl.com">programs@yellowbirdcl.com</a>
Soccer	Humberto Capriz	<a href="mailto:soccer@yellowbirdcl.com">soccer@yellowbirdcl.com</a>
Social	Rebecca Yochim	<a href="mailto:social@yellowbirdcl.com">social@yellowbirdcl.com</a>
Tennis	Craig Miller	<a href="mailto:tennis@yellowbirdcl.com">tennis@yellowbirdcl.com</a>
Traffic Safety	OPEN	
Basketball (Southwest Zone)	Connie Gilson	<a href="mailto:basketball@yellowbirdcl.com">basketball@yellowbirdcl.com</a>
Softball (South Edmonton Zone)	Michael Karpow	<a href="mailto:softball@yellowbirdcl.com">softball@yellowbirdcl.com</a>
Member At Large	Craig Hewlett	
Member At Large	Shawn Hudson	

Mailing Address: P.O. Box 66062, Edmonton, AB T6J 6T4 | Hall Address: 10710 – 19 Avenue NW, Edmonton, AB T6J 6W9



## Helping manage anxiety after loss

Loss is difficult--even more so during a pandemic.

Worry and anxiety can develop after a major loss. Anxiety is a general feeling of tenseness or uneasiness. Anxiety can cause physical symptoms, such as an upset stomach or a headache. It can also cause you to act in ways that are unusual for you, such as being more demanding, less patient, or more irritable.

Worries and anxiety can sometimes seem to take over your life, making you feel like everything is falling apart at the same time. You may need to slow down and take things one at a time. If you are feeling overwhelmed, ask for help from someone you trust.

You can manage your worry and anxiety by:

- Talking or writing about the things that are bothering you. Even if you are not sure what is bothering you, finding words for your



feelings often helps you figure out what is causing your anxiety.

- Taking charge of whatever you can. Making plans to deal with your day-to-day activities and concerns helps relieve the worry and anxiety that springs from a sense of insecurity. However, resist the urge to make major life

decisions when you are anxious or worried.

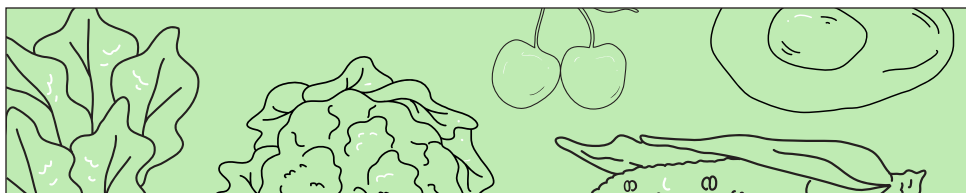
- Allowing other people to do some things for you that you would normally do yourself. This may be difficult. If worries and concerns are interfering with your ability to take care of personal needs such as getting groceries and other responsibilities, ask for help from oth-

ers. Allowing other people to help you, such as dropping off groceries, also helps them, because it gives them an opportunity to show their care and concern for you.

- Asking for comfort. You may need to talk to someone you trust to help you feel less anxious and worried. Talk to someone you trust. This is not a sign of weakness—it is a sign that you are aware of your need and you are taking good care of yourself.

If intense worries and high anxiety last longer than a few days, talk with your health professional or a mental health professional. Counselling, medicine, or a combination of the two may help you manage anxiety that makes it difficult for you to function.

Help is available by calling the Mental Health Helpline 1-877-303-2642 or visiting [www.ahs.ca/helpintoughtimes](http://www.ahs.ca/helpintoughtimes).



# COMFORT FOOD COMMUNITY COOKBOOK

by the residents and friends of Yellowbird Community

- Help us build a comfort food community cookbook by sharing the recipes that you learned, loved, or relied on this year.
- Please use the template provided as a guide and send as many recipes as you would like to [editor@yellowbirdcl.com](mailto:editor@yellowbirdcl.com).
- Details about the deadline, distribution, and more to be announced in 2021!



Template on Page 6!



Volunteer Workers Needed for all Positions

**Pure Casino Yellowhead**  
12464—153 Street NW Edmonton, AB T5V 1S5

**Thursday January 7, 2021 & Friday January 8, 2021**

## Volunteer Worker Positions

Bankers • Cashiers • Chip Runners • Count Room Staff • Alternate General Managers

No experience necessary. Training provided for all positions. Volunteer worker must be 18 years of age. Meals & snacks provided free during your volunteer shift. Make it an outing / a "date night" - work a volunteer shift with friends / spouse / teammates.

EMAIL: [casino@yellowbirdcl.com](mailto:casino@yellowbirdcl.com) PHONE: Cheryl 780-436-2407

## NOTE:

As part of the Alberta State of Public Health Emergency, new restrictions are in place. The situation with casino table games is being reassessed on December 18, 2020 following the current 3-week shut down. AGLC will confirm our attendance in advance of the scheduled event dates. At this time, Yellowbird Community League is filling our schedule with volunteers anticipating a go ahead for our January casino dates. We will keep you informed.

Cheryl

Casino Director | Yellowbird Community League

## GRANDMOTHERS ONLINE STORE

**EDMGRANDMOTHERS.ORG**



## Shop for quality handmade items

The Edmonton Grandmothers (The GANG) and the Sherwood Park Eastside Grannies are excited to announce the launch of their online store. Shop for hand knit wearables, toys, pet accessories, Christmas items and much more. New items are added regularly.

Go to [edmgrandmothers.org](http://edmgrandmothers.org) to start shopping!



**Shop safely**

**Curbside pickup  
in Sherwood Park  
and West  
Edmonton**

**All items  
handmade by  
Grandmothers and  
friends**

**Supporting the  
Grandmothers  
Campaign of the  
Stephen Lewis  
Foundation**

## THE GANG

Edmonton, Alberta

[Edmgrandmothers.org](http://Edmgrandmothers.org)

Facebook: @EdmGrans

Instagram: Edmonton  
Grannies



TEMPLATE

Recipe for \_\_\_\_\_

NAME OF DISH

FROM THE KITCHEN OF \_\_\_\_\_

INGREDIENTS


SERVES \_\_\_\_\_

PREP TIME \_\_\_\_\_

TOTAL TIME \_\_\_\_\_

OVEN TEMP \_\_\_\_\_

DIRECTIONS



Know your limits when it comes to alcohol



Are you drinking more alcohol during the pandemic? If you drink alcohol, it may be time to think about what you are consuming. It's important to know your limits.

On special occasions, such as the holidays, reduce your risk of injury and harm by drinking no more than three drinks (for women) or four drinks (for men) on any single occasion.

A safe amount of alcohol for one person may be too much for another. Things like age, gender, weight and health history, means alcohol can affect people differently. If you're an adult who doesn't weigh a lot, is younger than 25 or older than 65, or isn't used to drinking, it's important to be even more careful about how much alcohol you drink.

If you choose to drink, consider following these tips to reduce your risk of getting sick or injured:

- Eat before and while you are drinking.
- You can reduce your long-term health risks by drinking no more than:
  - 10 drinks a week for women, with no more than two drinks a day most days.
  - 15 drinks a week for men, with no more than three drinks a day most days.
- Plan non-drinking days every week to avoid developing a habit.

The decision to drink alcohol is personal. If you choose to drink, know your limits and remember there are times when there is a zero limit. Do not drink when you are driving, taking medicine or other drugs that interact with alcohol. And do not drink if you are doing any kind of dangerous physical activity, living with mental or physical health problems, living with alcohol dependence, pregnant or planning to be pregnant, responsible for the safety of others or when making an important decision.

If you are concerned about your alcohol use or someone else's, help is available by calling the Addiction Helpline at 1-866-332-2322 or visiting [www.ahs.ca/helpintoughtimes](http://www.ahs.ca/helpintoughtimes).

Get a hand around your home



SENIORS HOME SUPPORTS PROGRAM



SouthWest Edmonton Seniors Association

Edmonton Seniors 55+ can receive referrals to screened businesses and service providers through the Seniors Home Supports Program:

Snow removal  
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Call your SouthWest Home Supports Coordinator, Barbara Newell, today!

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780-717-4055, 780-953-4944

**Give the gift of caring to a rural children's daycare in Africa this holiday season and in the new year.**

An Edmonton charitable foundation is creating learning opportunities for rural children in Ghana. Support early childhood education one town at a time. Thank you for your time and generosity.

Send tax deductible cash or in-kind donations to:  
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For in-kind and cash donations list, visit website:  
[www.onesteplearning.org](http://www.onesteplearning.org)

**Edmonton Office Address**  
15219-44 Street NW,  
Edmonton, AB, T5Y 3C4  
Canada

**Ghana Daycare Location**  
1 First Light Entumbil, C/R,  
Ghana, West Africa.  
Digital GPS: CJ0059-2254

6 Connect with your community at [www.communityleagueneews.com](http://www.communityleagueneews.com)

Community Views December 2020

## Community League Access Program

As of September 6, 2020, the Exclusive Pool Use and Unified Community League Access Program was suspended for the remainder of 2020.

Many of the City of Edmonton Pools are not currently open. The facilities that are open are running at reduced capacity, with adjusted operating hours that would put some of the Community Swim outside of our current operating hours. This is creating an uneven opportunity for Community League Members to access City Facilities at these times. When and how these programs will be reinstated will be established for 2021, barring any new or additional COVID 19 restrictions from Alberta Health Services.

Community League Members still have the opportunity to use the Community League Wellness Program. This Program allows access to our facilities at any time. It includes:

Annual Membership - 20% discount on Adult, Family, Child, and Youth/Senior Annual Memberships

Multi Admission Pass\* - 15% discount on our already discounted multi admission pass (5+ visits)

Continuous Monthly Membership - 20% discount off an on-going monthly membership using our convenient Pre-Authorized Debit Program.

These discounted memberships can be acquired by presenting your valid Edmonton community league membership card at any one of the City of Edmonton's sports and fitness facilities. Community league members who purchase one of the options will be issued a photo access card to be swiped at each admission.

\* Applies to new purchases only.

## City Services & General Information

Visit [www.edmonton.ca/311](http://www.edmonton.ca/311) or call 311 for information about City of Edmonton services. 311 agents are available 24 hours a day, every day. Download the Edmonton 311 App to report concerns about winter road/bike lane maintenance, sidewalk maintenance, traffic lights and signs, litter, vandalism, tree damage, parking enforcement, and COVID-19 complaints.

## Community Safety

The Edmonton Police Service (EPS) highly encourage citizens to report all suspicious activities and crimes as crime statistics will allow EPS to better allocate policing resources.

Citizens can report certain crimes online at the EPS website [www.edmontonpolice.ca/reportacrimeonline](http://www.edmontonpolice.ca/reportacrimeonline)

Reportable crimes include Damage/Mischief to Property, Damage/Mischief to Vehicle, Lost Property, Theft under \$5000, and Theft from Vehicle under \$5,000, and Theft under \$5000.

If you have difficulties while entering your report, please call the online reporting help

line at 780-391-6001.

For other types of crimes, call 9-1-1 for an emergency or a crime in progress. For non-emergencies, please visit a police station, enter #377 from a mobile device or call 780-423-4567 from a landline.

EPS Mobile App

Access everything for the Edmonton Police Service in just a single app on your mobile device. And more!

Download for your iOS or Android device.

Stay connected: Easy access to EPS' Facebook, Twitter, YouTube, Instagram, and Pinterest accounts.



Emergency  
Medical  
Services

## Toboggan Safety



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

### Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damaged or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a certified, properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

### Hazards

- Avoid hills that are too steep or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences;
- Beware of loose scarves or clothing containing drawstrings which could present a strangulation hazard if they become caught or snagged.

### Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks, out of the cold, to warm up;
- Attempt to cover any exposed skin;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite;
- If frost bite has occurred, treat it by first removing the individual out of the cold environment; Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm, *not hot*, water, until re-warmed.

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)



Stay informed: Direct route to EPS' media releases, alerts, and crime files.

Stay safe: Report a crime online, locate the station nearest you, and get through the stress of a collision with our handy collision tips.

## Information about COVID

Stay up to date on current information from reliable websites:

Alberta Health Services

[www.albertahealthservices.ca/topics/Page16944.aspx](http://www.albertahealthservices.ca/topics/Page16944.aspx)

Government of Alberta

[alberta.ca/covid19](http://alberta.ca/covid19)

City of Edmonton  
[edmonton.ca/covid19](http://edmonton.ca/covid19)

Government of Canada

[www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html](http://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html)



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